Honours Bachelor with Specialization in Human Kinetics (BHK) Emphasis on social sciences

Honours Bachelor of Science with Specialization in Human Kinetics (BScHK) Emphasis on biophysical sciences

Management & Governance

Intervention, Promotion & Community Programming

Applied Studies in Kinesiology

Fundamental Studies in Movement Sciences

Program Highlights

SKILLS
Management, programming, Intervention and motivation skills.

SCOPE
Sport, leisure, recreation and physical activity throughout the lifespan for grassroots to elite athletes in non-profit, public and private Organizations.

School of Human Kinetics
Undergraduate Programs

Knowledge, Experience, Community

Study with world-leading experts.
Gain the skills and the network to be competitive in all your future endeavours.

Study in the centre of the Canadian sport system

Gain the skills to challenge professional exams, such as the:
- College of Kinesiologists of Ontario (CKO) & Fédération des kinésiologues du Québec
- Certified Exercise Physiologists (CEP-CEP)

Sport, Physical Activity, Leisure, and Health

Program Opportunities

Internships
• With over 150 different organizations in the Nation’s Capital Region

Research
• With any of our 33 professors

International Exchange
• You can spend a semester in Australia, Norway, or France

Bilingual Courses
• Take your courses in either English or French

CAREER OPPORTUNITIES

Sport & recreation manager
Coach or teacher
Health & well-being promoter
Researcher & graduate studies

Researcher, graduate studies, & allied health and rehabilitation fields (medicine, physiotherapy, etc.)

Laboratory coordinator or assistant

Exercise physiologist

Kinesiologist or personal trainer

Program Highlights

SKILLS
Injury/disease prevention & management, performance & functional motor ability promotion

SCOPE
Exercise and daily living activities for all populations, all ages and all levels, in a variety of settings (fitness centres, hospitals, at home, etc.)

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Want to learn more or get more details? Great! Click below:
https://health.uottawa.ca/human-kinetics